

Why Eat Fruits and Vegetables?

Vitamin C, of Course!

Helps prevent and heal infections.

Promotes healthy bones, teeth, skin, and blood vessels.

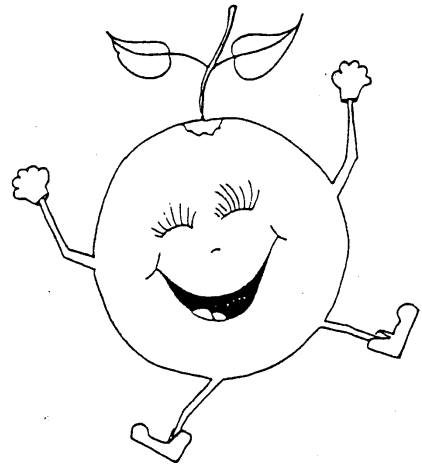
Helps in wound and burn healing.

Helps prevent the growth of some types of cancer.

Protects body tissues.

Prevents spoilage of fats and oils.

Include one food high in vitamin C each day like broccoli, peppers, cabbage, oranges, or cantaloupe.



Best Sources

Cantaloupe
Grapefruit
Juices fortified with vitamin C
Kiwifruit
Lemons
Mangos
Oranges
Papaya
Strawberries
Tangerines

Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Chili peppers
Kohlrabi
Red and green peppers
Snow peas
Tomatoes
Tomato Juice

Fair Sources

Elderberries
Mulberries

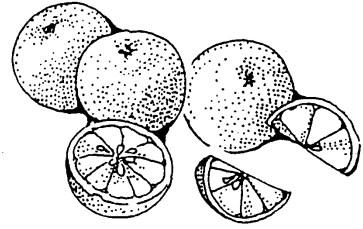
Asparagus
Dark leafy greens
(collards, chicory, kale)
Green onions

Vitamin C Note: Vitamin C is destroyed if foods are cooked for long periods of time or fixed too early. Plan mealtime so vitamin C rich foods are prepared only a short time before eating.

Try these recipes to boost your Vitamin C!

Orange Pops

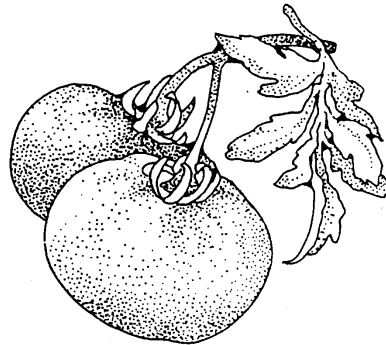
1-6 ounce can unsweetened orange juice concentrate, thawed
3/4 cup water
1 cup plain yogurt
1 teaspoon vanilla extract



Mix all ingredients together in a bowl. Pour the mixture into ice cube trays. Place the trays in the freezer. Cut 14 plastic drinking straws in half. When the mixture is partially frozen, place one straw half in each section of the ice cube tray. Makes 28 small pops.

Tomato Soup

4 cups tomato juice
1 teaspoon grated onion
1/2 teaspoon salt
Dash of pepper
2 tablespoons margarine
2 to 3 tablespoons flour
2 cups cold milk



Pour tomato juice, onions, and seasonings into a pot and simmer for 1/2 hour. Melt margarine and add flour to make a paste. Add tomato juice mixture to the flour paste. Bring to a boil, stirring constantly. While stirring the tomato mixture, pour in milk. Heat until warm enough to serve. Makes 12 1/2 cup servings.

Easy Broccoli Casserole

1 large bunch broccoli, chopped into 1 inch pieces
1/2 cup low fat yogurt
1/2 cup shredded cheese
1 teaspoon mustard
1/8 teaspoon cayenne pepper



Wash and trim broccoli. Cook in a covered pot in a small amount of boiling water about 8-10 minutes. Drain. Place broccoli in a casserole dish. Combine remaining ingredients. Spoon over broccoli. Baked uncovered at 400 degrees for 10-15 minutes or until bubbly.